

# Five-a-Day Log

Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Week: 1 2 3 4 5 6 7 8 (circle the week this log corresponds with)



Write down the combination of five fruits and vegetables that you eat each day this week. **BE SPECIFIC!**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5

Write down the number of **STEPS** walked each day. If you walk more than once a day provide a total in the bottom row. Use the conversion chart to determine “steps” walked.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7